

LiveWell Vermont

STATE EMPLOYEES WELLNESS PROGRAM



LiveWell Reshape Your Plate Challenge

Monday, January 30th—Sunday, February 26th

Jumpstart your health goals for 2017!

- Focus on 4 primary strategies to help get back on track:
 - Week 1: Creating a Healthy Kitchen
 - Week 2: Taking the Mystery Out of Nutrition Labels
 - Week 3: Portion Distortion
 - Week 4: Finding A Balance
- Receive nutrition tips three times per week from the LiveWell Team!
- Weekly wellness drawings!

Earn 300 points toward the 2017 Incentive Program!

Completion Requirements:

1. Log at least 2 vegetable and 2 fruit servings daily for 20 or more days.
2. Complete all weekly tasks by the end of the challenge.
3. Username for portal login must be employee ID#.

Register Between 1/16/17—2/5/17
<https://mybluehealth.bcbsvt.com/>